## **SEPTEMBER**





## AW BROWN LEADERSHIP ACADEMY K - 8 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
August 30, 2021	August 31, 2021	September 1, 2021	September 2, 2021	September 3, 2021
		WAFFLES ^ Fresh Apple Syrup Choice of Milk	PILLSBURY GRAPE CRESCENT ^ Fresh Banana Blended Fruit Juice Choice of Milk	BLUEBERRY MINI MUFFIN ^ String Cheese Fresh Apple Choice of Milk
September 6, 2021	September 7, 2021	September 8, 2021	September 9, 2021	September 10, 2021
LABOR DAY	FRUITY CHEERIOS^ Maple Breakfast Square ^ Dried Cranberries Blended Fruit Juice Choice of Milk	PANCAKES ^ Fresh Apple Syrup Choice of Milk	CHICKEN BISCUIT ^ Fresh Banana Grape Juice Honey Choice of Milk	FROSTED FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
September 13, 2021	September 14, 2021	September 15, 2021	September 16, 2021	September 17, 2021
RICE CHEX ^ Strawberry Pancake Square ^ Dried Cranberries Apple-Cranberry Juice Choice of Milk	CHERRY FRUDEL^ Diced Peaches Blended Fruit Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Apple Grape Jelly Choice of Milk	FRENCH TOAST STICKS ^ Fresh Banana Orange Juice Syrup Choice of Milk	STRAWBERRY YOGURT Granola ^ Fresh Apple Choice of Milk
September 20, 2021	September 21, 2021	September 22, 2021	September 23, 2021	September 24, 2021
APPLE CINNAMON CHEERIOS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	WAFFLES ^ Mixed Fruit Cup Apple-Cranberry Julice Syrup Choice of Milk	CHICKEN BISCUIT ^ Fresh Apple Honey Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Blended Fruit Juice Grape Jelly Choice of Milk	CHERRY BREAKFAST BAR ^ String Cheese Fresh Apple Choice of Milk
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
CINNAMON TOAST CRUNCH ^ Vanilla Waffle Square Craisins Grape Juice Choice of Milk	CHEESY EGG TATER TOT-CHOS Graham Crackers ^ Orange Juice Choice of Milk	FRENCH TOAST STICKS ^ Fresh Apple Syrup Choice of Milk	PANCAKES ^ Fresh Banana Apple-Cranberry Juice Syrup Choice of Milk	

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider

Find your school's menus online at: preferredmealsmenu.com



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## **Nutritional Information: AW BROWN GENESIS CAMPUS**

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	nutrients consult actual labels on cartons served	at tile	SCIIC	01.												
	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-																
09-01-2021	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
021	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-																
09-02-2021	PILLSBURY GRAPE CRESCENT ^	210	6	1	0	0	260	35	2	9	5	0	0	20	1	G/B:2sv WG
021	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
20																
09-03-2021	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
2021	String Cheese	80	5	3	0	15	200	0	0	0	7	200	0	200	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
20;																
-06- 21	LABOR DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09																
09-07-2021	FRUITY CHEERIOS^	120	2	0	0	0	140	25	2	9	3	400	48	80	3	G/B:1sv WG
021	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	6	2	0	0	0	0	G/B:1sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-																
09-08-2021	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
021	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

09-																
09-09-2021	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
2021	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09																
09-10-2021	FROSTED FLAKES ^	110	0	0	0	0	170	24	1	8	1	0	0	60	5	G/B:1sv WG
2021	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09														-		
09-13-2021	RICE CHEX ^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG BW-LS
021	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09																
09-14-2021	CHERRY FRUDEL^	210	6	1	0	0	260	36	2	11	4	0	0	0	2	G/B:2sv WG
2021	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09																
09-15-2021	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	187	7	3	0	28	383	23	2	2	11	0	0	110	1	MMA:1oz G/B:2sv WG
21	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Grape Jelly	40	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
9																
09-16-2021	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	24	1	G/B:2.25sv WG
021	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
1 5																

	STRAWBERRY YOGURT	70	0	0	0	0	60	14	0	10	4	0	0	150	0	MMA:1oz BW-PRO
	Granola ^	120	4	0	0	0	20	19	2	4	4	0	0	10	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09																
09-20-2021	APPLE CINNAMON															
2021	CHEERIOS ^	110	2	0	0	0	110	23	2	9	2	300	4	60	3	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-																
09-21-2021	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
2021	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
0																
09-22-2021										_			_		_	
2-202	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
12	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-																
09-23-2021	EGG & CHEESE	210	•		0	112	275	22	_		10			120		MMA 1 75 C/D 2 WC
021	ON ENGLISH MUFFIN ^	210	9	4	0	112	375	23	2	2	10	0	0	130	1	MMA:1.75oz G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Grape Jelly	40	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-																
09-24-2021	CHERRY BREAKFAST BAR ^	160	6	1	0	0	125	27	2	9	3	0	0	12	1	G/B:1.25sv WG
021	String Cheese	80	5	3	0	15	200	0	0	0	7	200	0	200	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09 20																
09-27- 2021	CINNAMON TOAST CRUNCH ^	120	2	0	0	0	160	22	3	6	1	300	4	60	2	G/B:1sv WG BW-LS

	Vanilla Waffle Square	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09																
09-28-2021	CHEESY EGG TATER TOT-CHOS	213	12	4	0	47	585	21	2	3	7	72	2	122	0	MMA:1oz V:1/2c S
21	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
90																
09-29-2021	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	24	1	G/B:2.25sv WG
021	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
99																
09-30-2021	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
021	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate Vegetable Types : BeWell Types :

W/G = Whole Grain

BW-LPP = Lean/Plant Protein BW-LS = Less Sugar

## **Allergen Information: AW BROWN GENESIS CAMPUS**

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.

				70	Tre		She		<
	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09									
09-01-2021	WAFFLES ^	Х	Х					Х	Х
2021	Fresh Apple								
	Syrup								
	Choice of Milk	Х							
09									
09-02-2021	PILLSBURY GRAPE CRESCENT ^	х							Х
ŭ	Fresh Banana								
	Blended Fruit Juice								
	Choice of Milk	Х							
09-									
09-03-2021	BLUEBERRY MINI MUFFIN ^	Х	Х					Х	Х
)21	String Cheese	Х							
	Fresh Apple								
	Choice of Milk	Х							
09-06- 2021									
06-	LABOR DAY								
09-									
09-07-2021	FRUITY CHEERIOS^								
021	Maple Breakfast Square ^		Х					Х	X
	Dried Cranberries								
	Blended Fruit Juice								
	Choice of Milk	Х							
09-									
09-08-2021	PANCAKES ^	Х	Х					Х	х
021	Fresh Apple								

	Syrup						
	Choice of Milk	Х					
9							
09-09-2021	CHICKEN BISCUIT ^	Х				Х	Х
021	Fresh Banana						
	Grape Juice						
	Honey						
	Choice of Milk	Х					
-60							
09-10-2021	FROSTED FLAKES ^						Х
021	Vanilla Waffle Square ^		Х			Х	Х
	Fresh Apple						
	Choice of Milk	х					
09-							
09-13-2021	RICE CHEX ^						
021	Strawberry Pancake Square ^		X			X	X
	Dried Cranberries						
	Apple-Cranberry Juice						
	Choice of Milk	х					
09-							
09-14-2021	CHERRY FRUDEL^	Х				Х	Х
)21	Diced Peaches						
	Blended Fruit Juice						
	Choice of Milk	Х					
09-:							
09-15-2021	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	Х				Х	Х
21	Fresh Apple						
	Grape Jelly						
	Choice of Milk	Х					
09-							
09-16-2021	FRENCH TOAST STICKS ^	Х	Х			Х	Х
)21	Fresh Banana						

	Orange Juice						
	Syrup						
	Choice of Milk	Х					
09-							
09-17-2021	STRAWBERRY YOGURT	Х					
021	Granola ^						
	Fresh Apple						
	Choice of Milk	Х					
09							
09-20-2021	APPLE CINNAMON CHEERIOS ^						
H	Graham Crackers ^					Х	Х
	Craisins						
	Orange Juice						
	Choice of Milk	Х					
09-							
09-21-2021	WAFFLES ^	х	Х			Х	Х
Ιõ							
021	Mixed Fruit Cup						
021	Mixed Fruit Cup  Apple-Cranberry Juice						
021							
021	Apple-Cranberry Juice	X					
	Apple-Cranberry Juice Syrup	X					
	Apple-Cranberry Juice Syrup	X				X	X
09-22-2021	Apple-Cranberry Juice Syrup Choice of Milk					x	X
	Apple-Cranberry Juice  Syrup  Choice of Milk  CHICKEN BISCUIT ^					X	X
	Apple-Cranberry Juice  Syrup  Choice of Milk  CHICKEN BISCUIT ^  Fresh Apple					x	x
09-22-2021	Apple-Cranberry Juice  Syrup  Choice of Milk  CHICKEN BISCUIT ^  Fresh Apple  Honey	X				X	X
09-22-2021	Apple-Cranberry Juice  Syrup  Choice of Milk  CHICKEN BISCUIT ^  Fresh Apple  Honey	X	X			x	X
	Apple-Cranberry Juice  Syrup  Choice of Milk  CHICKEN BISCUIT ^  Fresh Apple  Honey  Choice of Milk  EGG & CHEESE	X	X				
09-22-2021	Apple-Cranberry Juice  Syrup  Choice of Milk  CHICKEN BISCUIT ^  Fresh Apple  Honey  Choice of Milk  EGG & CHEESE ON ENGLISH MUFFIN ^	X	x				
09-22-2021	Apple-Cranberry Juice  Syrup  Choice of Milk  CHICKEN BISCUIT ^  Fresh Apple  Honey  Choice of Milk  EGG & CHEESE ON ENGLISH MUFFIN ^  Fresh Banana	X	X				
09-22-2021	Apple-Cranberry Juice  Syrup  Choice of Milk  CHICKEN BISCUIT ^  Fresh Apple  Honey  Choice of Milk  EGG & CHEESE ON ENGLISH MUFFIN ^  Fresh Banana  Blended Fruit Juice	X	x				

	CHERRY BREAKFAST BAR ^					Х	X
	String Cheese	Х					
	Fresh Apple						
	Choice of Milk	x					
09-							
09-27-2021	CINNAMON TOAST CRUNCH ^					Х	Х
21	Vanilla Waffle Square		Х			Х	Χ
	Craisins						
	Grape Juice						
	Choice of Milk	Х					
09							
09-28-2021	CHEESY EGG TATER TOT-CHOS	X	X			Х	
12	Graham Crackers ^					Х	Χ
	Orange Juice						
	Choice of Milk	Х					
09-							
09-29-2021	FRENCH TOAST STICKS ^	Х	X			Х	X
021	Fresh Apple						
	Syrup						
	Choice of Milk	Х					
9							
09-30-2021	PANCAKES ^	Х	Х			Х	Х
021	Fresh Banana						
	Apple-Cranberry Juice						
	Syrup						
	Choice of Milk	Х					